

Dear Candidate

Thank you for your interest in our Mountain Leader Award training courses which are offered as a continuous 6 day course or over two 3 day weekends .

Courses will be delivered in line with current Scottish Government and Mountain Training Scotland Covid 19 guidance which will shape how we can deliver the training course.

### **Covid 19 and course delivery**

As the Government response to the pandemic is an evolving situation there are likely to be changes to the C19 rules and this may effect courses. You will be kept up to date with any significant changes prior to the start of the course.

Key points that you should be aware of before booking are that when you come on the course you **must be free of any Covid 19 symptoms (a new persistent cough, a new high temperature, a new loss of taste / smell, generally feeling not yourself) and have completed any required isolation period.**

A Covid declaration form will be sent to all course participants the week before the course start date.

If anyone develops Covid 19 symptoms during the course the course will be curtailed. I will offer dates for completing the course at a later time.

Candidate numbers will be kept to an appropriate ratio to comply with current Covid Scot Gov guidelines.

Indoor discussions will not be possible but we will facilitate outdoor discussions and Zoom meetings to cover the syllabus content.

- Distancing of 2m will be maintained which will change how we cover the syllabus especially some aspects of the Hazards section of the syllabus.
  - Candidates will be buddied up with one other person to limit the possible spread of C19 through touching ropes etc.
  - Each candidate will be supplied with a rope and helmet for the duration of the course if they don't have their own to avoid possible cross contamination. Any borrowed equipment will have been quarantined for 72 hours.
  - For the overnight expedition you will need to solo camp.
  - Everyone should carry several face coverings and regularly use hand sanitiser to maintain hand hygiene.
  - The days on the hill will be longer than in the past to allow time for discussions.
- 1 • Some aspects will be covered by Zoom meetings - see attached programme.



- Any aspects that the trainer feels have not been adequately covered will be noted in a personalised action plan so you will know what you need to work on and may have missed due to C19 restrictions.
- Your contact details will be kept for 21 days to allow Trace and Protect to trace the course candidates if necessary.
- Each candidate must provide their own transport by car to each activity venue.

### **Dates of Mountain Leader training courses 2021**

#### ***Six day course***

21<sup>st</sup> to 26<sup>th</sup> August 2021

#### ***Split course.***

Saturday 8<sup>th</sup> to Monday 10<sup>th</sup> and Saturday 15<sup>th</sup> to Monday 17<sup>th</sup> May 2021

#### ***About the Mountain Leader training course***

This is a six-day training course providing tuition in all the main aspects of mountain walking in the UK.

To gain the Mountain Leader Award you must meet the Syllabus requirements and successfully complete an additional 5 day assessment.

Every day on the hills is unique and offers its own challenges, we will try and find the best conditions and venues available each day as we cover the various aspects of the syllabus. The sample programme gives an example of how we anticipate running the course. The early evening discussions and reviews aim to finish by 6.00pm on the hill. Make sure you bring enough food and drink to keep you going.

Pitlochry is within easy access of a choice of venues, providing options throughout the week depending on prevailing conditions.

As a course provider I am approved by Mountain Training Scotland to run these courses and are regularly moderated as part of the quality management process.

All courses are offered on a self-catering / self drive basis. Venues will be chosen with adequate parking to avoid anti social crowding of small parking areas.

#### ***About the Mountain Leader Award***

This award trains and assesses candidates in the skills required to lead hillwalking groups in summer conditions on mountainous routes in the UK not requiring the planned use of a rope.



### Course pre requirements

- ❑ You should be reasonably fit, capable of ascending 1000m with an expedition rucksack and coping with typical mountain weather.
- ❑ Minimum 18 years of age and have 12 months mountain walking experience.
- ❑ Have an interest in leading groups.
- ❑ You must have **twenty** or more days hill walking experience, which is a requirement of Mountain Training UK for attendance on this course.

**Expereince** If you are unsure about your experience and would like some guidance, send me a copy of your log book experience or invite me into your Dlog when you apply for a place on the training course, or phone/email me if you would prefer. We will discuss your expereince during the course and advise on how much additional expereince you should gain between training and assessment.

Link to Mountain Leader award information and registration.

<https://www.mountain-training.org/qualifications/walking/mountain-leader>

**Before attending the course** you must create an account with Mountain Training, and register on the Mountain Leader scheme. You must also be a member of either Mountaineering Scoland or the Britich Mountaineering Council. Link below to a helpful youtube video on the Mountain Training Channel which will walk you through this process.

<https://www.youtube.com/watch?v=rIOS-XgN4YU>

### Equipment - guidance on the items you will require during the course

During the course you will need your normal hill walking equipment including boots and waterproofs, rucksack warm clothing etc. If you have a helmet please bring it - if not we will supply.

In addition to your usual hillwalking equipment you will need these specific items.

- Hand sanitiser and face coverings
  - Access to 4G network and a smart phone / device with the Zoom app for talks
  - Ordnance Survey 1:50 000 Sheet 43 and OS 1:25 000 Explorer OL49 Pitlochry & Loch Tummel.
  - Wristwatch with a stop watch function for timing navigation legs. **Mobile phone clock for timing is not a practical or a suitable alternative.**
  - Maps suitably wet weather proofed. We recommend that you purchase an Ortlieb map case. Either A4 or A5 size work well
  - Compass. Silva Type 4 is recommended
  - Head torch + spare batteries or better still a spare head torch.
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- Note book and pens. The best way to remember those Top Tips!
- If you have maps in addition to those listed above of the wider surrounding areas please bring them as they may be useful but don't buy them. The wider area would include OS 1:50 000 sheets 36, 42, 51, 52.
- For the two-day expedition you will require lightweight camping equipment, 60+ litre rucksack, light tent, stove etc. If you don't have access to lightweight camping equipment please phone and discuss your equipment need with us, we may be able to help.

### **Additional equipment**

#### **For ropework day;**

Bring an old waterproof jacket and close fitting leather gloves (cheap gardening gloves are ideal) with you if you have them and your own helmet if you have one, for the Hazards of Steep Ground ropework day. Remember that rope abrasion can damage your good waterproofs and can damage skin!

#### **For water hazards**

Bring old boots or trainers for the water hazards session, this will save your best boots from getting saturated. If you have walking poles please bring them.

#### **Accommodation in Pitlochry**

Booking accommodation is your responsibility. Be aware that C19 has changed the options available especially at Hostel type accommodation. The Travel Lodges in Perth provide an affordable option.

[Pitlochry Tourist Information](#) 01796 472215 for a full list of available accommodation.

#### **Booking**

The course fee is £345. Payment can be made via Bank Transfer or Cheque.

To book a place on the course a non refundable deposit of £ 100 is required and a completed booking form. The balance must be paid six weeks prior to the start of the course.

In the unlikely event of the course not reaching the minimum number required by Mountain Training for the course to run I will contact you a minimum of 14 days before the course start date to discuss options. If I cancel your course you will receive a full refund, this also applies to courses cancelled due to Covid 19 restrictions.

[Mountain Training Scotland Bursary Scheme](#) annually offers bursaries to support candidates wishing to undertake a training or assessment course in one of the Mountain Training qualification schemes provided by Mountain Training Scotland for whom the financial constraints may be a barrier to participation and whose participation may promote our commitment to diversity.

**Sample Programme.** There will be a Zoom meeting the evening before the course start to introduce everyone and set the scene for the following 6 days. (please be aware this programme may change as C19 regulations evolve and change)



Looking forward to meeting you..  
 Any question please ask.

Steve  
 Steve Spalding

<p><b>Day 1</b> 8.30 -10 am</p> <p>Meet at venue          Face to face introductions.          Navigation tool box ideas</p>	<p>10am -16.30</p> <p>Navigation on the hill</p>	<p>16.30 - 18.00</p> <p>Rope work basics on the hill          Top tips from day</p>
<p><b>Day 2</b></p> <p>8.30am Meet at venue.          weather and environmental          audit for the day</p>	<p>Ben Vrackie lower car park          Weather and access for the          day. Practical rope work skills</p>	<p>Zoom meeting          Mountain weather talk</p>
<p><b>Day 3</b></p> <p>8.30 am Meet at venue</p>	<p>Mountain day on Ben Vrackie -          descision making on steeper          ground. Group management          and route finding.</p>	<p>Zoom          Top tips from day - Dlog  <b>Brief for second weekend          (split course)</b></p>
<p><b>Day 4</b></p> <p>8.30am On the hill - hazards,          accident and emergency          procedures</p>	<p>Water hazards - R Garry</p>	<p>On the hill          expedition preparation /          planning</p>
<p><b>Day 5</b></p> <p>11am meet Glen Shee ski          area?          (venue could vary - weather          dependent) expedition          including route choice -          navigation strategy. Group          management, environment</p>	<p>Expedition including route          choice navigation strategy.          Group management,          environment</p>	<p>Poor visibility and or night          navigation</p>
<p><b>Day 6</b></p> <p>Expedition continues</p> <p>5</p>	<p>Individual de brief coming off          hill.          2-3 pm return to ski area          café or other venue for cofee          and cake Course debrief if          C19 restictions allow.</p>	<p>Course ends 4pm latest          Action plans emailed to          candidates.</p>

